

Over 400 activities inside!

**REGISTRATION**  
Begins Dec. 14, 2015

# Sports & Fitness ABQ 50+ *Catalog*

DECEMBER 2015 - DECEMBER 2016

ABQ 50+ GAMES

AQUATICS

TRACK & FIELD

EXERCISE  
CLASSES

FITNESS  
CENTERS

AEROBICS

SNOWSHOE

OUTDOOR  
RECREATION



## Discover Your Own Healthy Lifestyle!



CITY OF ALBUQUERQUE

DEPARTMENT OF SENIOR AFFAIRS

Richard J. Berry, Mayor



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS

Jorja Armijo-Brasher, Director



**505-764-6400**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

**Citizen Contact Center: 311**



# Be Active, Stay Active!



Dear Friends,

There is a direct link between good exercise, nutrition and independence. In fact, we know that physical activity and a healthy diet are top contributors to longevity and health as we age. Successful aging is determined by individual lifestyle choices and the City of Albuquerque Department of Senior Affairs offers programs and activities that promote a healthy lifestyle. The theme of this year's

50+ Sports and Fitness Catalog is, "Discover Your Own Healthy Lifestyle." A healthy lifestyle includes engaging in frequent exercise to keep our muscles strong and our mind sharp. The Department of Senior Affairs 50+ Sports and Fitness Program offers you opportunities to swim, hike, play a game of golf, ski, join a yoga class, or enjoy dancing to music. Exercise is not only

good for the body, but for the mind and soul, as well. It's never too late to make healthier lifestyle choices. I hope that you find activities in the pages of this catalog that will help you to live a longer and healthier lifestyle.

Have fun,

Mayor Richard J. Berry



Dear Friends,

I would like for you to ask yourself, "How do you give yourself the best possible chance for a long, healthy life?" Some keys to living a long and healthy life include making healthy lifestyle choices, having a positive outlook, and staying mentally and physically active. Diet and exercise are the cornerstones of a healthy lifestyle and participating in regular exer-

cise and eating a healthy diet can have a noticeable impact on your general well-being.

The theme of this year's ABQ 50+ Sports and Fitness Catalog is "Discover Your Own Healthy Lifestyle." Engaging in physical activity on a regular basis is critical to a healthy lifestyle. This year's catalog has over 400 sports and fitness activities to help you to create your own healthy lifestyle. By becoming involved in one of the many activities such as walking, water aerobics, pickleball, yoga, pilates, tai chi, fencing, or weight training, you will be able to see, feel, and experience the benefits of a healthy lifestyle.

The Department of Senior Affairs has a variety of programs that can help you stay both mentally and physically active. I challenge you to get into the habit of maintaining a healthy routine. I'll be anxious to hear your success story! For more information regarding all of the exciting programs that the Department of Senior Affairs has to offer, please call the Department's Information & Assistance Program at (505) 764-6400.

Here's to a healthy and happy 2016.

Jorja Armijo-Brasher  
Director



City of Albuquerque  
Richard J. Berry, Mayor

The 50+ Sports & Fitness Program is operated by the City of Albuquerque, Department of Senior Affairs, Recreation Division; with partial funding from the Area Agency on Aging. The 50+ Sports & Fitness Program headquarters is located at the Palo Duro 50+ Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep adults aged 50+ active and healthy.

Inquiries may be directed to Joel Mahoney, Program Supervisor, at 505-880-2800 or [jmahoney@cabq.gov](mailto:jmahoney@cabq.gov)

**Jorja Armijo-Brasher,**  
Director, Department of Senior Affairs

**Rhonda Methvin,**  
Recreation Division Manager

## Department of Senior Affairs Advisory Council

Marianne Chiffelle  
Greg Lopez

Debby Knotts  
John Romisher

## City Councilors

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District 2 Isaac Benton  
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District 4 Brad Winter, VP  
District 5 Dan Lewis

District 6 Rey Garduño, President  
District 7 Diane G. Gibson  
District 8 Trudy Jones  
District 9 Don Harris

## Our Vision

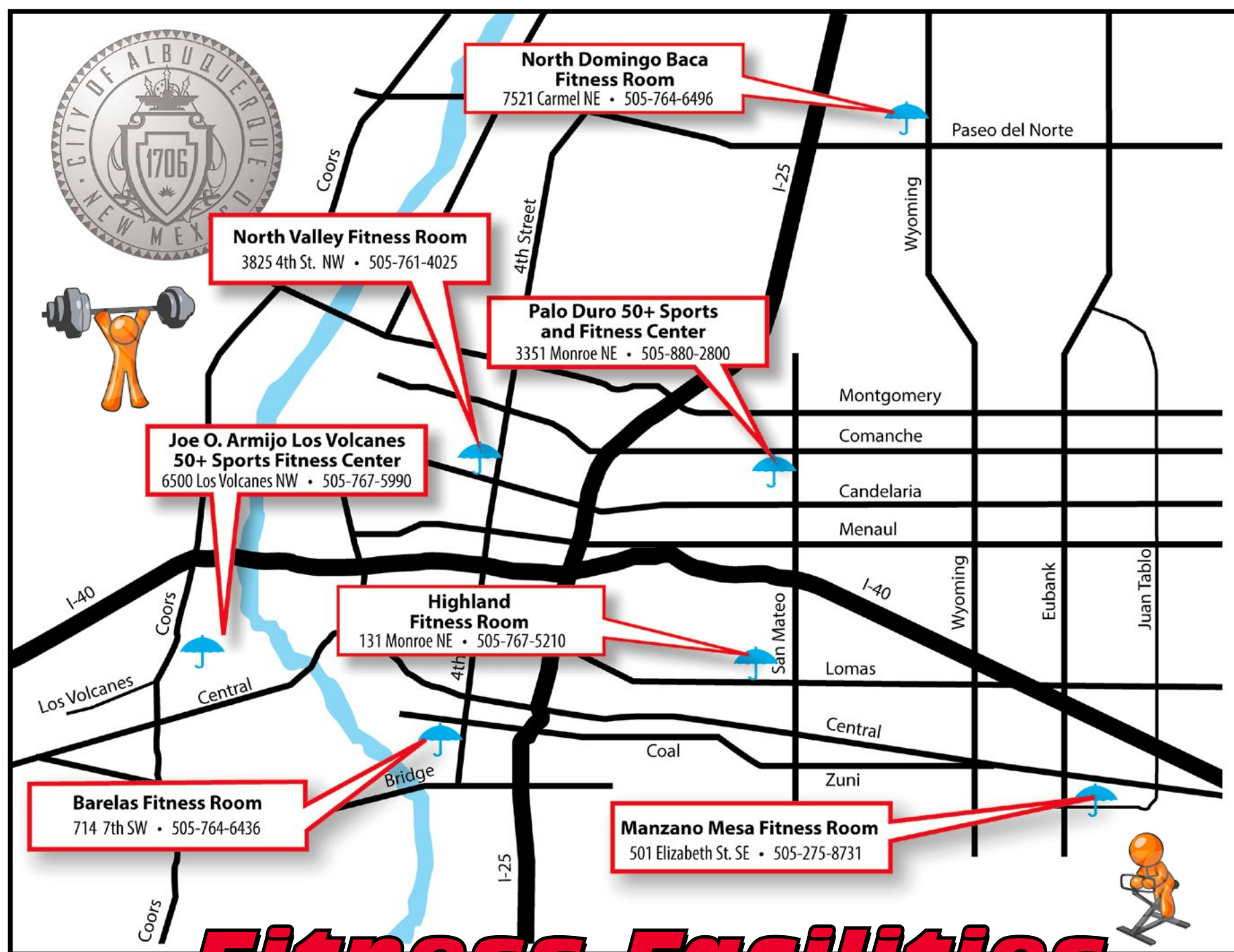
To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

## Our Mission

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities that involve and assist seniors to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

## Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for individuals 50 and better. The Albuquerque 50+ Games are open to those who are age 50 and up. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, have a minimum age of 60. Some services may request a contribution; however, no one will be denied services for not contributing.



# Fitness Facilities



**Barelas Fitness Room**  
714 7th St. SW, Alb., NM 87102  
Phone: 505-764-6436  
Fax: 505-764-6472  
**Mon. - Fri.** 8:00 am - 5:00 pm

**Highland Fitness Room**  
131 Monroe NE, Alb., NM 87108  
Phone: 505-767-5210  
Fax: 505-767-5224  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Wednesday** 8:00 am - 7:00 pm  
**Saturday** 10:00 am - 4:00 pm

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**  
6500 Los Volcanes NW, Alb., NM 87121  
Phone: 505-767-5990  
Fax: 505-767-5994  
**Mon. - Fri.** 7:00 am - 7:00 pm  
**Saturday** 8:00 am - 2:00 pm

**Manzano Mesa Multigenerational Center Fitness Room**  
501 Elizabeth St. SE, Alb., NM 87123  
Phone: 505-275-8731  
Fax: 505-275-8734  
**Mon. - Fri.** 8:00 am - 9:00 pm  
**Saturday** 9:00 am - 3:00 pm

**North Domingo Baca Multigenerational Center - Fitness Room**  
7521 Carmel NE, Alb., NM 87113  
Phone: 505-764-6496  
Fax: 505-764-6497  
**Mon. - Fri.** 8:00 am - 9:00 pm  
**Saturday** 9:00 am - 3:00 pm

**North Valley Fitness Room**  
3825 4th St. NW, Alb., NM 87107  
Phone: 505-761-4025  
Fax: 505-761-4031  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Tuesday** 8:00 am - 8:00 pm  
**Sunday** 12:30 pm - 4:30 pm

**Palo Duro 50+ Sports & Fitness Center**  
3351 Monroe NE, Alb., NM 87110  
Phone: 505-880-2800  
Fax: 505-883-9362  
**Mon. - Fri.** 7:00 am - 7:00 pm  
**Saturday** 8:00 am - 2:00 pm



## Center Memberships

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at six Centers, seven Fitness Centers and two Multigenerational Centers.



If at any time you would like additional information on how to access services, please call Senior Information Assistance Program at (505) 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.

## Center Closings



### Closing Dates

Christmas.....	Friday, Dec. 25, 2015
New Year's Day .....	Friday, Jan. 1, 2016
MLK Jr. Birthday .....	Monday, Jan. 18, 2016
President's Day .....	Monday, Feb. 15, 2016
Memorial Day .....	Monday, May 30, 2016
Independence Day .....	Monday, July 4, 2016
Labor Day .....	Monday, Sept. 5, 2016
Veteran's Day .....	Friday, Nov. 11, 2016
Thanksgiving Day .....	Thursday & Friday, Nov. 24 & 25, 2016

### 2015 Cleaning Date Closures:

Barelas Senior Center Fitness Room

**January 25 - 29, 2016**

**July 11 - 15, 2016**

Highland Senior Center Fitness Room

**February 8 - 14, 2016**

**August 8 - 12, 2016**

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

**April 4 - 8, 2016**

**September 12 - 16, 2016**

Manzano Mesa Multigenerational Center

**March 14 - 18, 2016**

**August 29 - September 2, 2016**

North Domingo Baca Multigenerational Center

**February 22 - 26, 2016**

**August 1 - 5, 2016**

North Valley Senior Center/Fitness Center

**March 7 - 11, 2016**

**August 22 - 26, 2016**

Palo Duro Fitness Center

**March 28 - April 1, 2016**

**September 19 - 23, 2016**

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# VOLUNTEER Opportunities

*You can gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a variety of volunteer opportunities. Senior Volunteers are encouraged to join the Retired Senior Volunteer Program (RSVP).*

## Adapted Aquatics

Volunteers are needed to serve as substitute instructors.

## Special Events

Volunteers are needed to assist with special events at all of our Fitness Centers.

## Drivers

Volunteer drivers are needed to drive the participants to and from different program activities.

## Albuquerque 50+ Games & Compete & Meet Games

Our competitive games need volunteers to coordinate or assist in coordinating sporting events.

## Winter Sports

Volunteers are needed to help lead downhill, cross country and snowshoe trips. Volunteers drive vans, help with load-ing equipment, and coordinating events.

## Walking & Hiking

We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

## Exercise Classes

We are always looking for volunteers who are interested in be-ing trained to lead exercise classes. Volunteers may serve as sub-stitute exercise instructors and help with attendance reports.

## Weight Training Orientations

Volunteer Orientation coaches are trained by our staff to teach participants safe and effective equipment use.

**Orientation Coaches are needed at these sites:**

- 1. Palo Duro 50+ Sports & Fitness Center**  
3351 Monroe NE, Alb., NM 87110 • 880-2800
- 2. Manzano Mesa, Fitness Room**  
501 Elizabeth SE, Alb., NM 87123 • 275-8731
- 3. North Valley, Fitness Room**  
3825 4th Street NW, Alb., NM 87107 • 761-4025
- 4. Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**  
6500 Los Volcanes NW, Alb., NM 87121 • 767-5990
- 5. North Domingo Baca, Fitness Room**  
7521 Carmel Ave. NE, Alb., NM 87113 • 764-6496
- 6. Highland, Fitness Room**  
131 Monroe NE, Alb., NM 87108 • 767-5210

*Interested in volunteering for  
any of these activities?*

**Please call us at  
880-2800**





# 2016 Calendar At-A-Glance

**50+**  
Sports  
& Fitness  
Program

## JANUARY

Pickleball Compete and Meet Indoor Tournament  
January 8, 9, 10

Sports & Fitness Weight Loss Challenge (N. Domingo Baca)  
January 4

X/C ski, Snowshoe and Downhill Ski Trips begin

Moonlight Trip (Valles Calderas)  
January 23

50+ Games Table Tennis competition  
January 16

50+ Games Shuffleboard competition  
January 22

## FEBRUARY

Air Gun Workshop  
February 6

Day Trip (Valles Calderas)  
February 13

50+ Games AirGun competition  
February 13

Dance Competition  
February 18

50+ Games Basketball Free Throw and 3 point shot contest  
February 20

50+ Games Huachas Competition  
February 20

50+ Games Swimming competition  
February 27

## MARCH

50+ Games Eight ball competition  
March 2

50+ Games Pickleball indoor competition  
March 4 - 5

## MARCH continued

50+ Games Bowling competition  
March 8, 9, 11

50+ Games Racquetball competition  
March 10

50+ Games Badminton competition  
March 18

50+ Games Registration Deadline  
March 25

## APRIL

New Mexico State Games registration starts

50+ Games 5K Racewalk competition  
April 2

50+ Games 5K and 10K Road race competitions  
April 9

50+ Games Fun Events  
April 9

Walk About Tuesday Session 1 begin  
April 12

Walk About Thursday Session 1 begin  
April 14

Hiking 101 trips begin  
April 15

50+ Games Tennis Competition  
April 15 - 16

50+ Games Golf Tournament  
April 20

50+ Games Archery Competition  
April 23

50+ Games Cycling Competitions  
April 30

## APRIL continued

50+ Games \*Disc Golf \* Competition (NEW)  
April 19

50+ Games Horseshoes Competition  
April 23

Fitness Hiking Trips begin

## MAY

Fitness Hiking trips continued

Talent Show  
May 25

50+ Games Track and Field competition  
May 13, 14

Talent Show Dress Rehearsal  
May 24

Walk About Tuesday continued

Walk About Thursday continued

## JUNE

Fitness Hiking trips continued

Outdoor Pickleball Tournament  
June 3, 4, 5

## JULY

Fitness Hiking trips continued

New Mexico State Senior Olympics  
July 13-16 Roswell, NM

## AUGUST

Fitness Hiking trips continued

Walk About Tuesday Session 2 begins  
August 23

Walk About Thursday Session 2 begins  
August 25

Hiking 101 trips begin

## SEPTEMBER

Fitness Hiking trips continued

Walk About Tuesday trips continued

Walk About Thursday trips continued

## OCTOBER

Fitness Hiking trips continued

Bench Press Competition North Domingo Baca Multigenerational Center  
October 15



**Call 880-2800**  
**[www.cabq.gov/seniors](http://www.cabq.gov/seniors)**  
**Citizen Contact Center: 311**



# OUTDOOR WINTER RECREATION

Downhill & Cross Country Skiing • Snowshoeing • Snowboarding



Outdoor Winter Recreation



*Join us in the fun!!*

## SPECIAL WINTER TRIPS

### Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

Every winter we offer this special trip for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

#### Palo Duro 50+ Sports & Fitness Center

##### Moonlight Trip

Saturday, January 23, 2016

Check in: 3:30 pm • Return by 11:00 pm

\$9 transportation and \$10.00 paid to Valles Caldera Ranger Station

Cindy McConnell

#### Palo Duro 50+ Sports & Fitness Center

##### Day Trip

Saturday, February 13, 2016

Check in: 8:00 am • Return: 5:00 pm

\$9 transportation and \$10 paid to Valles Caldera Ranger Station

Cindy McConnell

### "50+ Winter Sports Bunch Club" 2016 Overnight Trips

These out-of-town, overnight ski and snowshoe trips are open to anyone interested. The 'Winter Sports Bunch' is a group of active seniors who enjoy taking trips together. This is a non-profit organization and the members are volunteers.

**There are two winter trips in 2016. Final costs are based on the number of participants. For more information, email Cindy McConnell or Joyce O'Connell [wintersportsbunch@gmail.com](mailto:wintersportsbunch@gmail.com)**

**Durango Mountain- Durango, Co.**  
January 26 - 28, 2016 \$160

**Red River Ski Area - Red River, NM**  
February 23 - 25, 2016 \$182

**For more info call: 880-2800**

**REGISTRATION**  
Begins Dec. 14, 2015







# Outdoor Winter Recreation



## OUTDOOR WINTER RECREATION, CON'T.

A current City of Albuquerque, Department of Senior Affairs, Center membership and \$9 will cover the cost of transportation for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

### WINTER SPORTS DAY TRIPS

#### Tuesday Cross Country Ski Trips

Enjoy the splendor of New Mexico's back country. Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment is not provided.

9 trips from Jan. 5 - Mar. 15, 2016  
Check-In: 8:00 am  
Depart: 8:15 am • Return: 4:30 pm  
Cross country skiers must stay with the group.



#### Wednesday Snowshoeing Trips

Snowshoeing is fun! We provide snowshoes and poles or bring your own! Destinations include the Jemez, Manzano and Sandia Mountains, depending on the best snow.

9 trips from Jan. 6 - Mar. 16, 2016  
Check-In: 8:00 am  
Depart: 8:15 am • Return: 4:30 pm  
Snowshoers must stay with the group.

#### Thursday Downhill Skiing & Snowboarding Trips

Skiing & Snowboarding Trips:  
We do the driving and you hit the slopes at Santa Fe ski area.

12 trips from  
January 7 - March 24, 2016  
Check-In: 7:00 am  
Depart: 7:30 am • Return: 4:30 pm  
Downhill skiers and Snowboarders must purchase own lift ticket.  
Seniors 72+ get FREE lift tickets.

#### Friday Snowshoe 101 Trips

For those who would like to get outside but are new to snowshoeing. Instruction includes snowshoe techniques, basic conditioning exercises, and discussion of proper attire.  
9 trips from January 8 - March 4, 2016  
Check-In: 8:00 am  
Depart: 8:15 am • Return: 1:00 pm  
Snowshoers must stay with the group.

#### Saturday Snowshoe Half Day Trips

Saturday Snowshoe half day trips  
Snowshoeing is fun! We provide snowshoes and poles or bring your own! Destinations include the Jemez, Manzano and Sandia Mountains, depending on the best snow.

January 9 - February 6, 2016  
Check-In: 8:00 am  
Depart: 8:15 am  
Return: 1:00 pm Snowshoers must stay with the group.



### \* IMPORTANT INFO!

Trips leave from Palo Duro 50+ Sports & Fitness Center

Space is limited. Pre-payment is required to reserve your space.

For more info or to register call 880-2800

- Current membership is required
- Pre-payment required/trip

Limited to 2 registration forms/person

**REGISTRATION**  
Begins Dec. 14, 2015



# OUTDOOR SUMMER RECREATION

## Hiking • Walking

### Summer Sports Day Trips



#### HIKING

##### 50+ Sports & Fitness Program Hiking

These hikes are designed for the beginner to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions for the best hike for you. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness, but we take time to stop along the way and view birds, wildlife and wildflowers. Bring your own lunch, snacks and drinks. Trip costs vary based on 5¢ per mile for van transportation. Preregistration is required to reserve your place!

##### Monday "Fitness" Hikes

**Palo Duro 50+ Sports & Fitness Center**

April - October, 2016

Monday, 7:00 am–5:00 pm

Hike coordinator: Cindy McConnell  
& Vivian Heyward

##### Wednesday "B Level" Hikes

**N. Domingo Baca Fitness Center**

Every other Wednesday, 8:00 am - 5:00 pm

**Joe O. Armijo Los Volcanes**

**50+ Sports & Fitness Center**

Every other Wednesday 8:00 am - 5:00 pm

Hike Coordinators: Dick Brown, Cindy McConnell  
& Vivian Heyward

#### Hiking 101

Would you like to hike with us, but are not sure if you are able to complete a full day hike? These half day hikes through the Albuquerque Foothills and East Mountains are for you. Learn hiking techniques, conditioning and safety. Soon you will be ready to join your friends on the 'all-day' trips with confidence! Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center.

**Palo Duro 50+ Sports & Fitness Center**

**Session 1:** Fridays - April 15 - May 20, 2016

**Session 2:** Fridays – August 26 - September 30, 2016

Friday, 7:15 am – Return by 2:00 pm

Instructor: Cindy McConnell, 880-2800

\$6.00/trip



#### WALKING

##### Walk About Albuquerque

Participants will learn the benefits of walking, safety tips, and different types of walking techniques, how to use a pedometer and walking poles. The program will explore the City of Albuquerque on your feet. The \$15 cost includes a pedometer, walking charts, handouts, an experienced guide and transportation!

##### Walk About Tuesday

###### *Week 1: A Blossoming Adventure*

Walk the Botanical Park while learning how to walk for the health of it.

###### *Week 2: Train to Bernalillo*

An historical tour of old Bernalillo ride on the Rail Runner.

###### *Week 3: Nob Hill*

Learn about the architecture of this historical area of Albuquerque.

###### *Week 4: The Albuquerque Bosque*

Discover the natural side of Albuquerque.

###### *Week 5: Take a Walk on the Wild Side!*

Walk among the animals and be Wild!

###### *Week 6: Plaza to Plaza*

Civic Plaza to Old Town Plaza. 250 years of Albuquerque history.

Walk About Session I: April 12 - May 12, 2016

Walk About Session II: August 23 - September 27, 2016

##### Walk About Thursday

##### Thursday Walks

New and exciting walking destinations coming soon!

Please call the Palo Duro Sports & Fitness Center for more info.

Walk About Session I: April 14 - May 19, 2016

Walk About Session II: August 25 - September 29, 2016

#### Walk Abouts

**Palo Duro 50+ Sports & Fitness Center,**  
3351 Monroe NE

##### Tuesday and Thursday;

Trip departure times vary from 7:00 - 8:45 am,  
depending on destination.



## Outdoor Summer Recreation





# Compete & Meet Games

## The 2016 "Compete & Meet" Games

Sponsored by the City of Albuquerque, Department of Senior Affairs, 50+ Sports and Fitness Program

The 2016 Compete & Meet Games offers competitions open to all athletes, nation-wide. Compete in Pickleball or our Bench Press competition. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.



### Pickleball Tournament

Join us for great competition. There is something for everyone no matter what skill level you are! Pickleball is the fastest growing sport in America! Try it and find out why!

#### Indoor Mix & Doubles Pickleball Tournament

**Manzano Mesa Multigenerational Center & Roosevelt Middle School**

Friday - Sunday, January 8, 9, 10, 2016

Registration deadline is Monday, January 4, 2016

#### Outdoor Pickleball Tournament

**Ventana Ranch Tennis Courts**

Friday evening- Saturday – Sunday

June 3, 4, 5, 2016

\$10 per event with current Department of Senior Affairs membership  
Registration deadline is Friday May 27, 2016



### Bench Press Competition

Competition is organized by age groups and gender. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered. Awards will be determined on a ratio of body weight to weight lifted.



*For information call Dominic at North Domingo Baca Sports & Fitness Center at 764-6496.*

#### Bench Press Competition

Saturday, October 15, 2016 • 10:00 am

North Domingo Baca Multigenerational Center

Early registration encouraged. On-Site registration welcomed.

### TALENT SHOW

Do you have a special Talent and want to show it off? Let your inner Star shine on the stage. The talent competition will have four categories, band, dance, solo vocal, variety. Acts will have a maximum of eight minutes to perform their act.

The dress rehearsal and show will be held at the African American Cultural Center.

#### Mandatory Dress Rehearsal for Competitors

Tuesday May 24, 10:30 am

#### Talent Show

Wednesday May 25, 2016 1:00 pm

\$5 per category

Free for public to come and enjoy the show.



# ABQ 50+ GAMES



The competitors of the local games are invited to participate in the New Mexico State Senior Olympics.

## ALBUQUERQUE 50+ GAMES

### DEADLINE FOR ENTRIES:

1 week prior to event, or March 25 by 7:00 pm for final registrations

### Get Fit for the Competitions!

The 50+ Sports & Fitness Program offers ongoing exercise classes and "state-of-the-art" weight rooms available for you to train for your events.

### REGISTRATION

One registration form covers all events for the 2016 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be accepted.

Registration is not valid without a current Department of Senior Affairs membership.



**FINAL DEADLINE:**  
March 25 by 7:00 pm

**LOCATION**  
The Albuquerque 50+ Games are held at a number of Albuquerque locations. Find your event location in this catalog.

**ELIGIBILITY**  
The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2015 and have a current membership to the Department of Senior Affairs.

**ATTENDANCE**  
We do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the event time. Times and locations are subject to change and participants will be notified in these cases.

**EVENT**  
An "event" is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico State Senior Olympics, you may enter no more than 10 events.



**AGE DIVISIONS**  
In singles events, participants may not play up or down in age, but play in their own age group. Age categories:

50-54	70-74	90-95
55-59	75-79	95-99
60-64	80-84	100+
65-69	85-89	



The only exception is the Dance Competition. The age categories are 50-69 and 70+.

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2015.

Age division for team competition is determined by the youngest member of the team as of December 31, 2015. Team competition age divisions are:

50+	55+	60+	65+
70+	75+	80+	



**FEES**

DSA Membership .....	\$13
Registration .....	\$12
Golf Fees: (Men & Women)	
Mandatory Cart included	
Without Season Pass .....	\$35.80
With Season Pass .....	\$17.80
Bowling, per event .....	\$ 6.00
Pay at Skidmore's Holiday Bowl	

**ENTRY FEE Assistance**  
Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.

**REFUNDS**  
NO REFUNDS AFTER May 16, 2016. All fees must be paid at registration. Please make checks payable to the CITY OF ALBUQUERQUE.

**PARTNERS/TEAMS**  
Your doubles partner and/or each team member must register separately.

**AWARDS**  
First, second and third place winners are awarded medals at the conclusion of their events. All finishers will qualify to participate in the New Mexico State Senior Olympics in Roswell, New Mexico, 2016.

**RULES**  
The 2016 New Mexico Senior Olympics Rule Book is available for viewing online at [www.nmseniorolympics.org](http://www.nmseniorolympics.org). Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there may be rule changes for the local, state and National Senior Games.

**RESULTS**  
Results for the Albuquerque 50+ Games, New Mexico State Olympics, and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro 50+ Sports & Fitness Center.

**VOLUNTEERS Needed**  
Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

**MEDICAL**  
It is strongly recommended that all participants receive a medical clearance prior to competition, it is also required that the liability waiver on the registration form be completed and signed.










# 2015 Albuquerque 50+ Games

## Competition & Workshop Schedule

Deadline for entry  
is one week  
prior to event  
or by March 25.

Sports	Events	Date	Time	Location	Coordinator-Phone
Air Gun (Rifle & Pistol)	Workshop	Sat., Feb. 6, 2016	8:00 am	Eldorado High School	Maj. Jim Koerber 296-4871 x1408
	Competition	Sat., Feb. 13, 2016	8:00 am	Eldorado High School	Maj. Jim Koerber 296-4871 x1408
Archery	Competition: Compound Release Aid, Compound Finger Shooter, Conventional Recurve	Sat., Apr. 23, 2016	9:00 am	Archery Range, Tijeras, NM	PDSFC 880-2800
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri., Mar. 18, 2016	10:00 am	Manzano Mesa Multigenerational Center	Terry & Nan Lauritsen 266-8237
Basketball	Competition: Free Throw, Best of 15 Free Throws	Sat., Feb. 20, 2016	10:00 am	Manzano Mesa Multigenerational Center	PDSFC 880-2800
	Competition: 3 Point Shot, Best of 6 Shots	Sat., Feb. 20, 2016	10:00 am	Manzano Mesa Multigenerational Center	
Bowling *NEW TIMES*	Practice/Competition: Singles	Tues., Mar. 8, 2016	10:00 am	Skidmore's Holiday Bowl	PDSFC 880-2800
	Practice/Competition: Doubles	Wed., Mar. 9, 2016	10:00 am		
	Practice/Competition: Mixed Doubles	Wed., Mar. 9, 2016	10:00 am		
	Practice/Competition: Team Bowling	Fri., Mar. 11, 2016	10:00 am		
Cycling					
	Competition: 5K, 10K & 20K, 40K	Sat. April 30, 2016	Check-In 7:30 am	Atrisco Vista Blvd.	PDSFC 880-2800
Dance					
	Competition: Country Waltz, Ballroom, Jitterbug, Line, Country Western, Latin (Cha Cha, Samba, Rumba, Merengue), Polka	Thurs., Feb. 18, 2016	5:00 pm	North Domingo Baca	PDSFC 880-2800
Field Events (also see Track)	Competition: Discus, High Jump, Javelin, Shot Put, Standing Long Jump, Running Long Jump	Fri., May 13, 2016 Sat., May 14, 2016	5:30 pm 9:00 am	Albuquerque Academy	PDSFC 880-2800
Golf	Competition: Men's 18 Hole Scratch	Wed., Apr. 20, 2016	Tee Times TBA	Arroyo del Oso Golf Course	PDSFC 880-2800
	Competition: Women's 18 Hole Scratch				
Horseshoes	Competition: Singles	Sat., Apr. 23, 2016	9:00 am	Los Altos Park	PDSFC 880-2800
Huachas	Practice/Competition: Singles & Doubles	Sat., Feb. 20, 2016	10:00 am	Manzano Mesa Multigenerational Center	PDSFC 880-2800
Eightball Pool	Competition: 8 Ball	Wed., Mar. 2, 2016	5:00 pm	Palo Duro Senior Center	PDSFC 880-2800
Pickleball	Competition: Singles, Doubles, Mixed Doubles	Fri., Mar. 4, 2016	3:00 pm	Manzano Mesa Multigenerational Center	Gary Rutherford 507-3663
		Sat., Mar. 5, 2016	9:00 am		
Racewalk	Competition: 5K Race Walk	Sat., Apr. 2, 2016	8:00 am	Tingley Beach	Lenny Krosinsky 250-2283
Racewalking	Competition: 1500 Meter Race Walk	Sat. May 14, 2016	9:00 am	Albuquerque Academy	Lenny Krosinsky 250-2283
Racquetball	Clinics: Offered Thursdays	All Year	Call for Info	Midtown Sports & Wellness Club	Paula Sperling 888-4411
	Competition: Singles, Doubles & Mixed Doubles	Thurs., Mar. 10, 2016	10:00 am		
Recreation Events (Also see Field & Track)	Competition: Frisbee Accuracy Throw, Frisbee	Sat., Apr. 9, 2016	10:00 am	Villela Park	PDSFC 880-2800
	Distance Throw, Soccer Kick, Softball Throw				
Roadrace	Competition: 10K and 5K Run	Sat., Apr. 9, 2016	7:00 am	TBA	PDSFC 880-2800
Shuffleboard	Competition: Singles/Doubles	Fri., Jan. 22, 2016	10:00 am	Manzano Mesa Multigenerational Center	PDSFC 880-28005
Swimming	Warmup:	Sat., Feb. 27, 2016	7:30 am	West Mesa Aquatics Center	
	Competition: Breaststroke: 50, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. 100 & 200 (4 Stroke, 1 Swimmer); Relay Medley: 100 (Open Strokes, 4 Swimmers)		8:30 am		PDSFC 880-2800
Table Tennis	Competition: Singles, Doubles & Mixed Doubles	Sat., Jan. 16, 2016	9:00 am	Bear Canyon Senior Center	PDSFC - Mav Sommers 880-2800
Tennis	Competition: Singles	Fri. Apr. 15, 2016	8:00 am	Jerry Cline Tennis Complex	PDSFC 880-2800
	Doubles & Mixed Doubles	Sat., Apr. 16, 2016	8:00 am	Sierra Vista Tennis Courts	
Track (also see Field)	Competition: 100, 200, 400, 800, 1500 run; 400 coed	Fri.-Sat., May 13-14, 2016	9:00 am	Albuquerque Academy	PDSFC 880-2800
	M relay (2 men, 2 women); 400 & 800 M est. time				
Disc Golf	Competition: 18 hole disc golf	Tues. Apr. 19, 2016	5:00 pm	Roosevelt Park	PDSFC 880-2800





# Attention Athletes



## New Mexico Senior Olympics Roswell, NM: July 13 - 16, 2016

2016 is a qualifying year to participate at the 2017 National Senior Games in Birmingham, Alabama, July - Aug 2017



Athletes have 2 ways to register for the New Mexico Senior Olympics.

•Register on line at [www.nmseniorolympics.org](http://www.nmseniorolympics.org).

•Mail your registration directly to: New Mexico Senior Olympics, Inc., PO Box 2690, Roswell, NM 88202-2690, 575-623-5777

### PLEASE NOTE

You MUST compete in the same events at the Albuquerque 50+ Games that you will compete in at New Mexico Senior Olympics. **Not all events are offered at all levels** so read your competition schedule carefully.

## NEW MEXICO *Summer Olympics*

For more information call:  
New Mexico Senior Olympics  
1-888-623-6676  
Or e-mail:  
[nmso@nmseniorolympics.org](mailto:nmso@nmseniorolympics.org)



**Team competitions which include basketball, softball, and volleyball are New Mexico Senior Olympics competitions only.**

## Albuquerque 50+ Games TEAM ROSTER



☐ Bowling ☐ Dance ☐ 400M Track Relay

Team Age: ☐ 50+ ☐ 60+ ☐ 65+ ☐ 70+ ☐ 75+ ☐ (bowling 80+)

Team Name: \_\_\_\_\_

Team Captain \_\_\_\_\_  
Name

Address Phone

Team Captains are responsible for filling out this form. Incomplete forms will disqualify the team. Each team member must also complete and sign an individual Albuquerque 50+ Games registration form on page 19. If you have more than 7 team members, attach a copy of this form.

Number of Team Members  
\_\_\_\_\_

Team Member 1: \_\_\_\_\_  
Name Phone

T-Shirt Size Age Date of Birth

Team Member 2: \_\_\_\_\_  
Name Phone

T-Shirt Size Age Date of Birth

Team Member 3: \_\_\_\_\_  
Name Phone

T-Shirt Size Age Date of Birth

Team Member 4: \_\_\_\_\_  
Name Phone

T-Shirt Size Age Date of Birth

Team Member 5: \_\_\_\_\_  
Name Phone

T-Shirt Size Age Date of Birth

Team Member 6: \_\_\_\_\_  
Name Phone

T-Shirt Size Age Date of Birth

Team Member 7: \_\_\_\_\_  
Name Phone

T-Shirt Size Age Date of Birth



# Programs & Activities REGISTRATION FORMS

This insert section contains all forms for you to register for, or enter our varied programs and/or activities. This is your first step to long-term fun, long-term friendships and more importantly, long-term health!



Make checks payable to the City of Albuquerque. Mail your registration to Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

## Compete and Meet Games Registration Form

PLEASE PRINT

Name: \_\_\_\_\_  
Last First Middle

Address: \_\_\_\_\_  
Street City  
State Zip

DSA Membership  
Number:  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact: \_\_\_\_\_  
Name Relationship Phone

Age: \_\_\_\_\_  
as of December 31, 2016

☐ Male ☐ Female

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Pickleball Skill Rating:  
\_\_\_\_\_

**LIABILITY WAIVER:** I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, Los Altos Pool, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I have prepared myself for the event, which I have entered by practicing the same prior to my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Compete and Meet Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognizable pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Compete and Meet Games.

Signature \_\_\_\_\_

Date \_\_\_\_\_

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Compete and Meet Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, and Los Altos Pool.

### REGISTRATION FEES:

City of Albuquerque Center Membership .....\$13

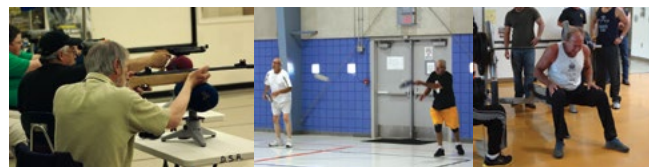
### ADDITIONAL FEES:

- ☐ Bench Press Competition \$10 .....\$\_\_\_\_
- ☐ Indoor Pickleball Doubles Tournament \$10 per event \$\_\_\_\_
- ☐ Outdoor Pickleball Tournament \$10 per event \$\_\_\_\_
- ☐ Airgun Workshop FREE .....\$\_\_\_\_
- ☐ Talent Show \$5 .....\$\_\_\_\_

TOTAL AMOUNT ENCLOSED .....\$\_\_\_\_

### Pickleball Tournaments:

- ☐ Singles
- ☐ Doubles Partner: \_\_\_\_\_ Must register separately
- ☐ Mixed Doubles Partner: \_\_\_\_\_ Must register separately



☐ By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.



# Albuquerque 50+ Games Entry Form

## PLEASE PRINT

Make checks payable to the City of Albuquerque. Take completed registration form or mail form to:

Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

**Deadline for entry is one week prior to event or by March 25, 2016 - 7 pm**

Age: \_\_\_\_\_  
as of December 31, 2016

☐ Male ☐ Female

Date of Birth: \_\_\_\_\_  
\_\_\_\_/\_\_\_\_/\_\_\_\_

Name: \_\_\_\_\_  
Last First Middle

Address: \_\_\_\_\_  
Street City  
State Zip

Home Phone: \_\_\_\_\_ DSA Membership #: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact: \_\_\_\_\_  
Name Relationship Phone

**LIABILITY WAIVER:** I, the undersigned participant, hereby agree to indemnify and hold harmless, the City of Albuquerque, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I have prepared myself for the event, which I have entered by practicing the same prior to my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque 50+ Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognizable pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque 50+ Games.

### ☐ By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

## REGISTRATION FEES:

Single Event Registration Fee .....\$12  
Includes t-shirt and awards

DSA Membership (required) .....\$13

### ADDITIONAL FEES:

Bowling Fee: No. of events x \$6.00  
(\$6.00 per event) Pay at Skidmore's Holiday Bowl  
Singles, Doubles, Team or Mixed Doubles

### Golf Fee

Men's & Women's Golf Fees

All ages 50+: Mandatory cart is included

Without Season Pass ..... \$35.80 ..... \$

With Season Pass ..... \$17.80 ..... \$

T-Shirt Size \_\_\_\_\_

TOTAL AMOUNT ENCLOSED .....\$

For more information:

Palo Duro 50+ Sports & Fitness Center  
3351 Monroe NE, Albuquerque, NM 87110  
505-880-2800



*Discover Your  
Own Healthy  
Lifestyle!!*

### AIRGUN

- ☐ Pistol - Benchrest  
☐ Pistol - Standing  
☐ Rifle - Benchrest  
☐ Rifle - Standing  
☐ Do you own your own gun? ☐ Y ☐ N

### ARCHERY

- ☐ Recurve with sights  
☐ Barebow recurve no sights  
☐ Compound fingers w/sights  
☐ Barebow compound no sights  
☐ Compound Release

### Badminton

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_ Must register separately  
☐ Mixed Doubles  
Partner: \_\_\_\_\_ Must register separately

### BASKETBALL FREE THROW

- ☐ Best of 15 throws

### BASKETBALL 3-POINT SHOT

- ☐ Best of 5 throws

### BOWLING (Bowling Fees)

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_ Must register separately  
☐ Mixed Doubles  
Partner: \_\_\_\_\_ Must register separately  
☐ Team Bowling

Bowling Team Name (4 members, same sex). Each individual must complete a registration form and team captains must furnish a team roster.

### CYCLING

- ☐ 5K ☐ 10K  
20K (Will be a road race at State and Nationals)  
40K (Will be a road race at State and Nationals)

### DANCE COMPETITION

- ☐ Partner  
☐ Country Western  
☐ Jitterbug  
☐ Line Dancing (6-15 people)  
☐ Polka  
☐ Latin Dance  
☐ Waltz  
☐ Country Waltz

### DISC GOLF

- ☐ Singles

### FIELD EVENTS

- ☐ Discus  
☐ High Jump  
☐ Javelin  
☐ Running Long Jump  
☐ Shot Put  
☐ Standing Long Jump

### FUN EVENTS

- ☐ Frisbee Accuracy Throw  
☐ Frisbee Distance Throw  
☐ Soccer Kick  
☐ Softball Throw

### GOLF

- ☐ 18 Hole Scratch  
Scratch is played at NM State Senior Olympics and the National Senior Olympics. A NPS is required for Nationals.

USGA Handicap

Cart Partner

### HORSESHOES

- ☐ Singles

### HUACHAS

- ☐ Singles

### PICKLEBALL

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_ Must register separately

- ☐ Mixed Doubles

Partner: \_\_\_\_\_ Must register separately

### POOL

- ☐ Eightball

### RACEWALKING

- ☐ 1500M ☐ 5K

### RACQUETBALL

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_ Must register separately

- ☐ Mixed Doubles

Partner: \_\_\_\_\_ Must register separately

### ROAD RACE

- ☐ 5K - Run ☐ 10K - Run

### SHUFFLEBOARD

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_ Must register separately

### SWIMMING

- ☐ 200 Medley Relay  
☐ 50 Free ☐ 100 Free  
☐ 200 Free ☐ 400/500 Free  
☐ 50 Backstroke ☐ 100 Backstroke  
☐ 200 Backstroke  
☐ 50 Breaststroke ☐ 100 Breaststroke  
☐ 100 IM ☐ 200 IM  
☐ 50 Butterfly ☐ 100 Butterfly  
☐ Group Aquatics Swim  
Group Name: \_\_\_\_\_ Must register separately

### TABLE TENNIS

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_ Must register separately  
☐ Mixed Doubles  
Partner: \_\_\_\_\_ Must register separately

### TENNIS

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_ Must register separately  
☐ Mixed Doubles  
Partner: \_\_\_\_\_ Must register separately

### TRACK

- ☐ 50 Meter Run (local only)  
☐ 100 Meter Run ☐ 200 Meter Run  
☐ 400 Meter Run ☐ 800 Meter Run  
☐ 1500 Meter Run  
☐ 400 Meter Coed Relay  
☐ 800 Meter Estimated Time  
☐ 400 Meter Estimated Time

Signature

Date

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Albuquerque 50+ Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque 50+ Games.

**Team captains must fill out team roster on page 13.**





# 2015 Winter Outdoor Registration Form



We reserve the right to change trip locations due to snow conditions. Registration is first come, first served. Register at Palo Duro 50+ Sports & Fitness Center

Name: 

Last

First

Middle

 DSA Membership #

Address: 

Street

City

State

Zip

Phone: E-mail:

Emergency Contact: 

Name

Relationship

Phone

**IMPORTANT**

Payment Schedule & Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.

2. Make checks payable to: City of Albuquerque

3. Participants must leave and stay with the group on all trips. No exceptions!

4. Cancellations for day trips will require a 24 hr. advanced notice for a refund

5. Activities will be cancelled due to weather conditions, or when minimum attendance is not met. A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.

6. If a Winter Sports event is cancelled, you may apply the credit to another Winter Sports trip or request a refund.

**TUESDAY TRIPS**

Cross-Country

☐ Trip 1

Jan. 5

Open

\$9

☐ Trip 2

Jan. 12

Open

\$9

☐ Trip 3

Jan. 19

Open

\$9

☐ Trip 4

Feb. 2

Open

\$9

☐ Trip 5

Feb. 9

Open

\$9

☐ Trip 6

Feb. 16

Open

\$9

☐ Trip 7

Mar. 1

Open

\$9

☐ Trip 8

Mar. 8

Open

\$9

☐ Trip 9

Mar.15

Open

\$9

CROSS-COUNTRY TOTAL

\$

Have own snowshoes?

Yes

No

**WEDNESDAY TRIPS**

Snowshoeing

☐ Trip 1

Jan. 6

Open

\$9

☐ Trip 2

Jan. 13

Open

\$9

☐ Trip 3

Jan. 20

Open

\$9

☐ Trip 4

Feb. 3

Open

\$9

☐ Trip 5

Feb. 10

Open

\$9

☐ Trip 6

Feb. 17

Open

\$9

☐ Trip 7

Mar. 2

Open

\$9

☐ Trip 8

Mar. 9

Open

\$9

☐ Trip 9

Mar. 16

Open

\$9

SNOWSHOEING TOTAL

\$

Have own snowshoes?

Yes

No

**THURSDAY TRIPS**

Downhill Skiing

☐ Trip 1

Jan. 7

Santa Fe

\$9

☐ Trip 2

Jan. 14

Santa Fe

\$9

☐ Trip 3

Jan. 21

Santa Fe

\$9

☐ Trip 4

Jan. 28

Santa Fe

\$9

☐ Trip 5

Feb. 4

Santa Fe

\$9

☐ Trip 6

Feb. 11

Santa Fe

\$9

☐ Trip 7

Feb. 18

Santa Fe

\$9

☐ Trip 8

Feb. 25

Santa Fe

\$9

☐ Trip 9

Mar. 3

Santa Fe

\$9

☐ Trip 10

Mar. 10

Santa Fe

\$9

☐ Trip 11

Mar. 17

Santa Fe

\$9

☐ Trip 12

Mar. 24

Santa Fe

\$9

DOWNHILL TOTAL

\$

**FRIDAY TRIPS**

Snowshoe 101

☐ Trip 1

Jan. 8

Closest Snow

\$9

☐ Trip 2

Jan. 15

Closest Snow

\$9

☐ Trip 3

Jan. 22

Closest Snow

\$9

☐ Trip 4

Jan. 29

Closest Snow

\$9

☐ Trip 5

Feb. 5

Closest Snow

\$9

☐ Trip 6

Feb. 12

Closest Snow

\$9

☐ Trip 7

Feb. 19

Closest Snow

\$9

☐ Trip 8

Feb. 26

Closest Snow

\$9

☐ Trip 9

Mar. 4

Closest Snow

\$9

SNOWSHOE 101 TOTAL

\$

Have own snowshoes?

Yes

No

**SATURDAY TRIPS**

Snowshoe Half Day Trips

☐ Trip 1

Jan. 9

Closest Snow

\$9

☐ Trip 2

Feb. 20

Closest Snow

\$9

SNOWSHOE TOTAL

\$

Have own snowshoes?

Yes

No

**LIABILITY WAIVER**

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program.

☐ By checking the box I agree to the following: The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature

Date

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Senior Winter Sports Program, to observe all rules, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, 50+ Winter Sports Program.

**Valles Caldera Nature Preserve**

**Moonlight Trip -- Sat., Jan. 23**

Transportation

\$ 9

TRIP TOTAL

\$

**Day at Preserve -- Sat., Feb. 13**

Transportation

\$ 9

TRIP TOTAL

\$

Trip fees from above

\$

Center Membership (\$13)

\$

TOTAL FEES

\$

# ABQ 50+ GAMES

*Call* **880-2800** Palo Duro 50+ Sports & Fitness Center if you need more information on an activity/event.

## AIR GUN

### Air Gun Competition

Albuquerque 50+ Games  
**Saturday, February 13, 2016 8:00 am**  
 Eldorado High School  
 11300 Montgomery Blvd. NE.

For more information how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800. This event will be a New Mexico Senior Olympics qualifying event.



### Air Gun Workshop

Get ready for the Games. This workshop focuses on basic marksmanship principles and techniques with emphasis on position and firing procedures.  
 Saturday, February 6, 2016  
 8:00 am–12:00 pm  
 Eldorado High School

### Air Gun Practices

For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition. **Begins in January (by reservation)**  
 Eldorado High School, Rifle Range  
 Contact: Major Jim Koerber, Senior Instructor, Eldorado High School JR ROTC at 296-4871



## ARCHERY

### Albuquerque 50+ Games Archery Competition

**Saturday, April 23, 2016, 9:00 am**  
 Sandia Crest Bowhunters Association  
 Archery Range, Tijeras, NM

The competition is sponsored by the Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics qualifying event.  
 Coordinator: 880-2800



## BADMINTON

### Albuquerque 50+ Games Badminton Competition

**Friday, March 18, 2016 10:00 am**

**Manzano Mesa, Gym**  
 501 Elizabeth SE

This event will be a New Mexico Senior Olympics qualifying event.  
 Coordinators: Terry and Nan Lauritsen, 266-8237



### Badminton Practice and Play

This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton - a demanding sport.

**Manzano Mesa, Gym**  
 Monday, Friday, 1:30 - 4:00 pm  
 Tuesday, 6:00 - 9:00 pm  
 Thursday, 7:00 - 8:50 pm  
**Wells Park Community Center, Gym**  
 Tuesday & Thursday, 1:30 - 3:30 pm  
 Coordinators: Terry and Nan Lauritsen, 266-8237



For Albuquerque 50+ Game Events, look for this logo



For New Mexico Senior Olympics Qualifying Events, look for this logo



Albuquerque 50+ Games/Open Gyms



# Albuquerque 50+ Games/Open Gyms

## BASKETBALL



### Free Throw Competition

**Saturday, February 20, 2016 - 10:00 am**

**Manzano Mesa, 501 Elizabeth SE**

Contestants shoot 15 free throws in succession. The contestant who makes the most baskets in their age bracket is the winner. The free throw line for the women is 14 ft. and for men 15 ft.

Albuquerque 50+ Games

### Basketball 3 Point Shot Competition

Held with the Free Throw Competition

**Saturday, Feb. 20, 2016 - 10:00 am**

**Manzano Mesa, 501 Elizabeth SE**

Each contestant will shoot one shot from each of the five different premarked positions on the 3-point line. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion. The contestant who makes the most baskets is the winner.

This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: 880-2800



### Open Basketball

Open/Drop-In Basketball is offered every day of the week (Mon.–Sat.) at the times listed below. Teams are formed as participants show up and sign in.

**Manzano Mesa, Gym (E/W courts)**

**Monday & Wednesday,  
11:45 am - 1:00 pm, West**

Monday & Friday  
7:00 - 8:50 pm, Both courts  
Tuesday, Thursday & Friday  
11:00 am - 1:00 pm

### Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are

picked prior to the games. This is a good workout, with a lot of action and exercise.

**Manzano Mesa, Gym (East Court)**

Tues., Thurs. & Friday,

11:00 am - 1:00 pm

Monday & Wednesday,

11:45 am - 1:00 pm

### Albuquerque 50+ Women's Basketball Program

Senior Women's Basketball  
**Canyon Nets Basketball Program**

Open to all women 50+. No prior experience required. Practices held at Sandia Preparatory School, 532 Osuna NE on Saturday mornings 10:00 am – 12:45 pm. Additional practices are held during the week at various locations. Information: NM Senior Sports Foundation, 299-7768 or website [www.senior-sports.org](http://www.senior-sports.org)

### A League of Their Own

Open to women 50+. Practices held at various times and locations during the week.

Information: Glynes Foster 828-1655 or E-mail: Ginger Rich, [bballjunqie@yahoo.com](mailto:bballjunqie@yahoo.com)

### Albuquerque 50+ Men's Basketball Program

Albuquerque 50+ Men's basketball program welcomes men over the age of 50.

**Saturday, 7:00 – 10:00 am**

Allen Wainwright, 350-1574

## BOWLING

Albuquerque 50+ Games

### Bowling Competition

**Skidmore's Holiday Bowl**

**Tuesday, Wednesday & Friday,**

**March 8, 9 & 11 10:00 am**

Additional fees apply to the Bowling Competition. \$6 per event paid at Skidmore's Holiday Bowl at the time of event.

This event is a New Mexico Senior Olympics qualifying event.

Call PDSFC 880-2800



## CYCLING

Albuquerque 50+ Games -  
5K, 10K, 20K, 40K

**Cycling Competition -  
5K, 10K, 20K, 40K**

**Saturday, April 30, 2016**

**Check-in at 7:30 am**

Location: Atrisco Vista Blvd.  
off of I-40 west

This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: 880-2800



## DANCE

### Dance Competition Part of the Talent Show and Dance Competition

Includes country western, jitterbug, line dancing, polka, latin (cha cha), waltz, and country waltz.

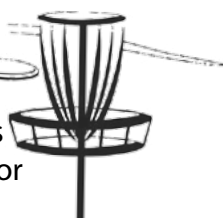
The Dance Competition is free for the public to come and watch the athletes compete.

**Thursday, February 18, 2016  
5:00 pm**

North Domingo Baca  
Multi-Generational Center  
7521 Carmel Ave. NE

### NEW Disc Golf Competition

Disc golf is similar to regular golf; however, instead of using golf clubs and balls aiming for a hole, Disc Golf players use golf discs and aim



*Discover Your  
Own Healthy  
Lifestyle!!*

for a Disc Pole Hole, a pole extending up from the ground with chains and a basket where the disc lands. Course played will be 18 hole competition.

**Tuesday April 19, 2016 5:00 pm**  
Roosevelt Park  
Call Palo Duro Sports and Fitness for information 880-2800

## EIGHT BALL POOL

Albuquerque 50+ Games

### Eight Ball Pool Competition

**Wednesday, March 2, 2016 5:00 pm**

Palo Duro Senior Center  
5221 Palo Duro NE, 87110  
This event is a New Mexico Senior Olympics qualifying event.



## FENCING

Fencing is an elegant sport with a rich history. Known as "physical chess," it helps maintain balance, posture and coordination in addition to cognitive focus and critical thinking skills. Whether fencing with your grandkids or your friends, it is a wonderful sport for seniors, even those with moderate disabilities like arthritis or joint replacements.

Duke City Fencing welcomes visitors  
Contact: Toby Tolley 872-0048 or info@dukecityfencing.net

## GOLF

Albuquerque 50+ Games

### Golf Competition

Hosting both the men's and women's golf competitions. Participants will be called with their tee times, starting at 9:00 am.

Green fees including carts will be \$35.80 for 18 holes.

**Wednesday, April 20, 2016**

Arroyo del Oso Golf Course  
7001 Osuna Rd NE



The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics qualifying event.

Contact the 50+ Sports & Fitness Center at 880-2800 for information.

## HORSESHOES



Albuquerque 50+ Games

### Horseshoe Competition

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

**Saturday April 23, 2016 9:00 am**

**Los Altos Park**

10130 Eubank NE

This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: 880-2800

## HUACHAS

Albuquerque

50+ Games

### Huachas Competition

If you enjoy horseshoes, you will like pitching washers.

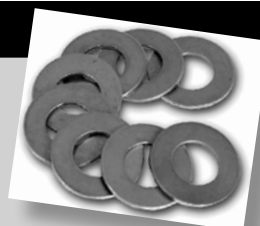
**Saturday, Feb. 20, 2016**

**10:00 am**

**\*NEW LOCATION \***

Manzano Mesa Multigenerational Center Gym  
501 Elizabeth SE, 87123

This event will be at the New Mexico Senior Olympics.  
Coordinator: 880-2800



## PICKLEBALL



Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. "It resembles tennis and table tennis on a badminton court."

Albuquerque

50+ Games

### Pickleball Tournament

**Friday, March 4 -**

**Saturday, March 5**

**Friday 3:00 - 9:00 pm**

**Saturday 9:00 am - 3:00 pm**

**Manzano Mesa**

**Multigenerational Center,**  
501 Elizabeth SE

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator:  
Gary Rutherford (505) 507-3663

### Compete & Meet

Pickleball Tournaments  
See Compete and Meet Games





# Albuquerque 50+ Games/Open Gyms

## PICKLEBALL

**abqpickleball.com**  
for more information

### Open Pickleball

*Times and locations are subject to change. Please check the website listed.*

Times are subject to change from summer to winter.

Gary Rutherford 505-507-3663

#### Manzano Mesa, Gym

Thursday, 2:00 - 4:00 pm

Saturday, 9:00 - 11:00 am

#### Los Altos Park (weather permitting)

Call Gary Rutherford  
(505) 507-3663

### Pickleball Training

#### Manzano Mesa, Gym

Tuesday, Thursday, 9:15 - 11:00 am

Saturdays 12:30 - 2:50 pm

## RACEWALKING

Albuquerque 50+ Games  
**Racewalking Competition**  
5K Racewalk

**Saturday, April 2, 2016 8:00 am**

Tingley Beach Bike/Walk path  
The Albuquerque 50+ Games  
qualifying race for the New Mexico  
Senior Olympics.

Lenny Krosinsky, 250-2283

Albuquerque 50+ Games  
**Racewalking Competition**

1500 meter Racewalk at the  
Track & Field Competition

**Saturday, May 14, 2016**

**Beginning at 9:00 am**

Albuquerque Academy

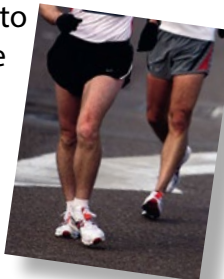
6400 Wyoming NE

This event will be a New Mexico  
Senior Olympics qualifying event.

Coordinator:

Lenny Krosinsky, 250-2283

Racewalking appeals to many people because they can successfully participate and enjoy doing a sport! Try it for yourself and see how much fun this activity can be.



The 2016 New Mexico Racewalkers weekly training at Tingley Beach  
Saturday, 8:00 am

If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, at 250-2283, or e-mail: lennykro@aol.com or visit [www.newmexicoracewalkers.org](http://www.newmexicoracewalkers.org).

## RACQUETBALL

Albuquerque 50+ Games  
**Racquetball Competition**

**Thursday, March 10, 2016**

**10:00 am**

**Midtown Sports & Wellness**

4100 Prospect Ave. NE.

This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: Paula Sperling, 888-4811

### Racquetball Clinics

Open to the public, these low cost clinics are for all playing levels—beginners to advanced.

Each session includes safety tips, rules, stroke mechanics, strategy and playing time. What better way to improve your performance at the Albuquerque 50+ Games Racquetball Tournament!

**Midtown Sports & Wellness Clubs**  
**Thursdays, 10:00 am - 12:00 pm**

\$20 Sports & Wellness Members  
\$40 Non-Members

Individual classes are \$10. Players can join at anytime. Cost is prorated based on the number of sessions attended. Information: Paula Sperling at Midtown 888-4811.



## ROADRACE



Albuquerque 50+ Games

### Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

**Saturday, April 9, 2016**  
**7:00 am**

This event is a New Mexico Senior Olympics qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together.

Coordinator: Maggie Ezzard

## SHUFFLEBOARD

Albuquerque 50+ Games  
**Shuffleboard Competition**

**Friday, Jan. 22, 2016**

**10:00 am**

**Manzano Mesa,**  
**501 Elizabeth SE**

This event is a New Mexico Senior Olympics qualifying event.

Coordinator: Palo Duro Sports & Fitness Center 880-2800

### Silver Shufflers Shuffleboard

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

**Barelas, Social Hall**  
**Monday, 2:30 - 4:30 pm**

**Manzano Mesa**  
**Tuesday, 1:00 - 4:00 pm**

**Wells Park**  
**Community Center**  
**Monday, 9:00 - 11:30 am**

\$1 donation

Information: Betty Piatt 922-6375

Scott Heron 299-7768

E-mail: [boogie921@juno.com](mailto:boogie921@juno.com)

Website: [www.senior-sports.org](http://www.senior-sports.org)



**SWIMMING**

Albuquerque  
50+ Games  
**Swimming  
Competition**

**Saturday, Feb. 27, 2016**

Warm-up begins at 7:30 am,  
meet begins at 8:30 am

**West Mesa Aquatic Center,**  
6705 Fortuna Road NW

This event is a New Mexico  
Senior Olympics qualifying event.  
Coordinator: 880-2800

**Recreational Swimming**

The City of Albuquerque, Parks and Recreation Department offers recreation swimming, water exercise, swimming lessons and lap lane times open to the public.

For most up to date fees and info. call the Parks and Rec. Dept. at 768-5300, one of the following pools, or visit [www.cabq.gov/aquatics](http://www.cabq.gov/aquatics).

**Lap Swim****Highland Pool**

400 Jackson SE, 256-2096

**Monday - Friday,** 6:00 - 8:00 am,  
11:45 am-1:15 pm,  
6:00 - 8:00 pm

**Saturday - Sunday,** 12:00 - 1:00 pm

**Los Altos Pool**

10100 Lomas NE, 291-6290

**Monday - Friday,** 6:00 - 10:00 am,  
11:30 am-1:30 pm, 6:00 - 7:00 pm

**Saturday - Sunday,** 11:00 am - 1:00 pm

**Sandia Pool**

7801 Candelaria NE, 291-6279

**Monday-Friday,**

6:00 - 8:00 am, 6:00 - 8:00 pm

**Saturday-Sunday,** 11:00 am - 1:00 pm

**Valley Pool**

1510 Candelaria NW, 761-4086

**Monday-Friday,**

6:00 - 8:00 am, 6:00 - 8:00 pm

**Saturday-Sunday,** 12:00 - 4:00 pm

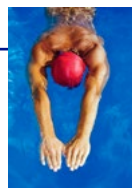
**West Mesa Aquatic Center**

6705 Fortuna Rd. NW, 836-8718

**Monday-Friday,**

5:30 - 8:00 am, 6:00 - 8:00 pm

**Saturday-Sunday,** 12:00 - 4:00 pm

**SOFTBALL****Men's Softball**

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

**Bear Canyon 65+ League**  
Bill Dubuque, 293-9530

**Palo Duro  
Papa Murphy's Team**  
Marc LaChey, 275-2331

**TABLE TENNIS**

Albuquerque 50+ Games  
**Table Tennis Competition**

**Saturday**  
**January 16, 9:00 am**  
**Bear Canyon**  
**Senior Center**  
4645 Pitt NE

This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: Marv Sommers  
Call Palo Duro Sports & Fitness Center 880-2800

**TENNIS**

Albuquerque 50+ Games

**Tennis Tournament**

You don't have to be Pete Sampras to enjoy playing in our Albuquerque 50+ Games tournament.

**Singles**

**Friday, April 15, 2016 8:00 am**  
Jerry Cline Tennis Complex  
7205 Constitution NE

**Doubles/Mixed Doubles**

**Saturday, April 16, 2016 8:00 am**  
Sierra Vista Tennis Courts  
5001 Montano Rd. N.W.

Athletes will compete in Singles, Doubles and Mixed Doubles. This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: 880-2800

**TRACK**

Albuquerque 50+ Games

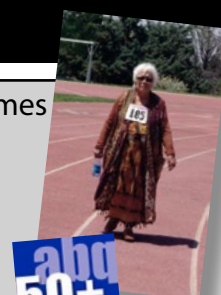
**Track & Field Competition**

**Friday - Saturday,**  
**May 13-14, 2016**

**Saturday Track Events**  
**begin at 9:00 am**

Albuquerque Academy  
6400 Wyoming NE

This event is a New Mexico Senior Olympics qualifying event.  
Coordinator: 880-2800

**VOLLEYBALL**

New Mexico Senior Olympics  
**Volleyball Competition**

**State competition only**

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics,  
1-575-623-5777,  
[www.nmseniorolympics.org](http://www.nmseniorolympics.org)

**Volleyball Pick-up Games**

Join the 50+ volleyball players for drop-in volleyball matches.

**Wells Park Community Center, Gym**  
**Monday, 6:00 - 8:00 pm**  
Coordinator: Dora Gunkel

**Manzano Mesa, Gym**

**Monday** (open gym for any age group),  
**Friday** (one court reserved for senior play), 5:00 - 7:00 pm

**Thursday, 6:00 - 9:00 pm** (Open gym not reserved for just senior play)



### 2016 Sports and Fitness Weight Loss Challenge

It's that time again! Time for a new year, a new start and a healthier you. The Department of Senior Affairs 50+ Sports and Fitness Program is challenging you to start 2016 with your health and wellness in mind. The 16-week weight loss challenge starts January 5th and runs until April 24th. We will have bi-weekly weigh-ins, nutrition workshops and of course, winners in 3 different categories; total body weight lost, total percentage of body fat loss, and total fat free mass gained. No more excuses, it's time to accept our challenge and meet your goals because Sports and Fitness Knows no Age.



- Starts January 4, 2016
  - 8 week Challenge (ends March 4, 2016)
  - Initial Weigh-ins/Body Comp
  - Workout/Nutrition Logs
- Nutrition Workshops
  - Workout Guides
  - 2 Weigh-ins/Body Comps per Month (4 total including initial and final)
- Winners for Most Body Weight Lost, Most Body Fat Lost and Most Lean Muscle Mass Gained
  - Before and After Pictures (optional)

### AQUATICS

#### Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength.

**Pre-Registration is required.**

Class sessions are as follows:

**Session 1:** Day: Monday, Wednesday & Friday

Time: 9:00 - 10:00 am

Cost: \$12.00 each month -

Donation

**Number of classes:** 3 classes/week

Transportation: provided from all 6 Albuquerque senior centers for \$ .50.

Self-Drivers are also welcome, but must pre-register.

**Session 2:** Day: Monday & Friday

Time: 1:15 - 2:15 pm

Cost: \$8.00 each month -

Donation

**Number of classes:** 2 classes/week

Transportation: provided from all 6 Albuquerque senior center for \$.50 and Vista Grande Community Center Self-Drivers are also welcome, but must pre-register.

**Session 3:** Day: Tuesday & Thursday

Time: 9:00 - 10:00 am

Cost: \$8.00 each month -

Donation

**Number of classes:** 2 classes per week

**Transportation:** will be provided from the Palo Duro 50+ Sports & Fitness Center for \$.50. Self Drivers are also welcome, but must pre-register.



### AEROBICS

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers, everyone works at their own pace. Burn calories and get a great workout.



**Barelas, Social Hall**

**Tuesday, Friday, 9:15 - 10:15 am**

**Highland, Social Hall**

**Mon, Wed, Fri, 8:45 - 9:45 am**

**Joe O. Armijo Los Volcanes**

50+ Sports & Fitness Center, Aerobic Room  
Mon, Wed, Fri, 8:00 - 9:00 am

**Manzano Mesa, Gym**

**Mon, Wed 8:15 - 9:15 am**

**Fri. 8:15 - 9:15 am, Social Hall**

**Palo Duro, Mesquite Room**

**Mon, Wed, Fri, 8:15 - 9:15 am**

**North Domingo Baca,**

Aerobic Room (Upstairs)  
Mon, Wed, Fri, 8:15-9:15 am

### BODY FAT VS. MUSCLE

The goal for optimal health is reducing body fat while increasing muscle. Visit one of our fitness facilities below for a free personal assessment.

**Joe O. Armijo Los Volcanes**

50+ Sports & Fitness Center

**3rd Tuesday**

8:00 am - 6:00 pm

**North Domingo Baca**

Fitness Center

**4th Wednesday**

8:30 am - 1:30 pm,

2:00 - 7:00 pm

**Palo Duro 50+ Sports**

& Fitness Center

**1st Wednesday**

8:00 am - 5:00 pm



**NEW CARDIO BLAST**

A full hour of Cardio Cross-Training to lively music. Includes Warm-up, Calisthenics, Plyometric, Core Work, and Stretches. There will be modification for beginners and advanced members. Have fun while getting strong and cardio-fit!

**North Domingo Baca**, Aerobic Room (Upstairs) Mon., Fri., 3:45 – 4:45 pm (\$50) Erika Aguilar

**NEW BODY WORKS + ABS**

A full body workout includes warm-up, core work and stretching. With use of small weights or elastic-bands, high repetition and low impact rhythmic movements and modifications, this class is designed to sculpt lean muscle.

**North Domingo Baca**, Aerobic Room (Upstairs) Wed., 3:45 – 4:45 pm (\$50) Erika Aguilar

**DANCE AEROBICS**

Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room Tues., Thur., 5:30 – 6:30p Wed., 10:30 – 11:30 am (\$50) Julie Stoffler

**PUSH!**

An athletic circuit training utilizing Kettle bells, Jump ropes, Speed latter and other equipment, in conjunction with Calisthenics, Plyometric and Isometric movements.

**North Domingo Baca**, Aerobic Room (Upstairs) Tues., Thurs., 12:00 – 1:00 pm (\$5), Jon Archuleta

**ENHANCE FITNESS**

This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room Mon., Wed., Fri., 1:00 - 2:00 pm Dee Williams

**FITBALL**

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room Monday & Friday, 10:30 - 11:30 am

**FLEX & TONE**

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core. The class will start with fun music for a warm-up and will progress to weights, resistance bands, and mats for the conditioning portion of the class. Finish off with a soothing and relaxing stretch.

**Highland**, Social Hall Tuesday, Thursday, 8:15 - 9:15am

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room Tuesday, Thursday, 8:00 - 9:00 am

**Manzano Mesa**, Gym Tuesday, Thursday, 8:15–9:15 am

**North Domingo Baca** Sports & Fitness Center, Aerobics Room (Upstairs) Tuesday, Thursday, 9:15 – 10:15 am

**Palo Duro**, Mesquite Room Tuesday, Thursday, 8:00 - 9:00 am

**GENTLE EXERCISE**

This is a fun exercise class, performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.



**Barelas**, Social Hall Tuesday, Friday 10:15 - 10:45 am

**Highland**, Room 8 Monday, Wednesday, Friday 10:00 - 11:00 am

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room Monday, Wednesday, Friday 9:15 - 10:15 am

**Manzano Mesa**, Gym Mon., Wed., Fri., 9:30 - 10:30 am

**Palo Duro**, Mesquite Room Monday, Wednesday, Friday 9:30 - 10:30 am

**North Domingo Baca**, Aerobic Room (Upstairs) Mon., Wed., Fri., 9:30 - 10:30 am

**HEALTHY LIVING**

See Page 25

**NEW NATIVE NEW MEXICAN DANCE**

Receive instruction on New Mexican, Mexican and contemporary Latin dances. ATHLETIC SHOES must be worn to participate.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room Tuesday, 1:30 - 2:30 pm Frances Lujan

**North Domingo Baca**, Aerobic Room (Upstairs) Wed, 2:00 - 3:00 pm Frances Lujan

**PILATES**

Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Continued on Page 24



## EXERCISE CLASSES

**Joe O. Armijo Los Volcanes**

50+ Sports & Fitness Center,  
Aerobic Room  
Tuesday, Thursday 10:45 - 11:45 am  
(\$3), Rita James

**Palo Duro** 50+ Fitness Center  
Pilates Reformer Machine Training  
Thursday 10:00 - 11:00am  
Call 880-2800 for class schedule

**NEW BELLY DANCE FOUNDATIONS / INTERMEDIATE BELLY DANCE**

**North Domingo Baca**, Aerobic Room  
(Upstairs)  
Friday, 5:00 - 6:00 pm  
(Foundations), 6:00 - 7:00 pm  
(Intermediate) Free Class, Maria Chavez

**NEW T.N.T DYNAMITE**

Trim and Tone your body with this class designed to fit your own individual needs and abilities. You will work at your own pace towards improving strength, stamina, and muscle tone with a variety of exercise moves and equipment.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room  
Mon., Wed., Fri. 11:45 am – 12:45 pm  
(\$1.50), Andriana Wethington

**NEW TVE WELLNESS**

This is a low-impact, easy entry exercise program for healing and prevention. Enjoy learning beautiful fluid motions that loosen and strengthen every part of your body from your fingers to your toes while gaining the benefits of increased energy, lower stress, and greater mobility, balance, and flexibility.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center,  
Aerobic Room  
Thursday, 12:00 – 1:00 pm  
(\$2), Dimitri Carranza

**North Domingo Baca**,  
Aerobic Room (Upstairs)  
Mon, 7:15 – 8:30 pm,  
Wed, 10:30 – 11:30 am

Seniors: \$2  
Ages 50 and under: \$5

**NEW MAT PILATES**

Exercises are performed on a mat with a focus on abdominal, oblique, back and full body engagement and stretching. All movements are done fluidly while focusing on inhalation and exhalation. Class begins with a warm-up and a standing cooldown at the end. All levels are welcome.

**North Domingo Baca**,  
Aerobic Room (Upstairs)  
Tues., 6:00 – 7:00 pm  
(\$.50) Erika Aguilar

**YOGA**

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room  
Saturday, 8:15 – 9:30 am  
Thursday, 2:30 – 3:30 pm  
(\$3), Cece Shantzek

**NEW**

**North Domingo Baca**,  
Aerobic Room  
(Upstairs) Thurs, 10:30 – 11:30 am  
(\$5), Mindy

**NEW VINYASA FLOW YOGA**

Flowing Vinyasa-based class threads together the mind, body and spirit; leaving practitioners feeling strengthened, lengthened and restored. This mixed-level class will provide beginners with a strong foundation and help more advanced students fine-tune their practice.

**North Domingo Baca**,  
Aerobic Room (Upstairs)  
Mon, 5:45-7:00 pm  
(\$5), Misa

**North Domingo Baca**,  
Aerobic Room (Upstairs)  
Thurs., 6:00-7:00 pm  
(\$5), Keisha

**NEW DAHN MU DO  
(Korean Tai Chi)**

A integrated mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

**North Domingo Baca**,  
Aerobics Room (Upstairs)  
Sat., 10:30-11:30 am  
(\$5), Lynn Alexander

**NEW TAI CHI**

A martial art originally invented as a moving meditation. It is great for those with joint problems and arthritis as well as improving balance and peace of mind. Tai Chi puts minimal stress on the muscles and joints which makes it safe for all ages and levels.

**North Domingo Baca**,  
Aerobic Room  
(Upstairs)  
Tues., 10:30 - 11:30 am  
(\$5), Theresa

**NEW AIKIDO**

A non-aggressive style of martial arts working on the principal of "do not fight force with force", instead redirect the attackers energy and use it to your favor.

**North Domingo Baca**,  
Aerobic Room (Upstairs)  
Tues., Thurs., 7:15-8:15 pm,  
Wed, 6:30-7:45 pm  
(\$4), Charles Watkins

**ZUMBA® GOLD CLASSES**

Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

**Joe O. Armijo Los Volcanes**, 50+ Sports & Fitness Center, Aerobic Room  
Tuesday, Thursday 9:30-10:30 am  
(\$2), Dee Williams

WEIGHT TRAINING: Weight Training Orientations

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

**Joe O. Armijo Los Volcanes,**  
50+ Sports & Fitness Center  
Call 767-5990 for appointment

**Manzano Mesa, Fitness Room**  
Call 275-8731 for appointment

**North Domingo Baca,**  
Fitness Room  
Call 764-6496 for appt.

**Palo Duro, 50+**  
Sports & Fitness Center  
Call 880-2800 for appointment



BASICS WITH FREE WEIGHTS

For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

**Joe O. Armijo Los Volcanes**  
50+ Sports & Fitness Center  
Call 767-5990 for schedule

**North Domingo Baca,**  
Sports & Fitness Center  
Call 764-6496 for schedule

HEALTHY LIVING

FREE!!

FREE!!

FREE!!

FREE!!

Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health conditions, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Free 6-week workshop · 2.5 hour meetings · ALL MyCD Programs are Free of Charge

Pre-registration required: 880-2800

2016 Schedule

**PALO DURO SENIOR CENTER**  
(located at 5221 Palo Duro NE):

Thursdays from 1:00 - 3:30 p.m. on:

**January 14 through February 18, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**March 10 through April 14, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

**May 5 through June 9, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**July 7 through August 11, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

**September 1 through October 6, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**October 13 through November 17, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop.

**To enroll, please call 880 - 2800.**

**NORTH DOMINGO BACA  
MULTIGENERATIONAL CENTER**  
(located at 7521 Carmel NE):

Wednesdays from 1:30 - 4:00 p.m. on:

**January 13 through February 17, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

More Manage Your Chronic Disease (MyCD) Workshops to come in 2016.

**March 9 through April 13, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**May 4 through June 8, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

**July 6 through August 10, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**August 10 through September 14, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

**October 5 through November 9, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop.

**To enroll, please call 880 - 2800.**

**NEW HEART CENTER FOR WELLNESS,  
FITNESS & CARDIAC REHABILITATION**  
(located at 601 Lomas Blvd NE)

Tuesdays from 1:30 - 4:00 p.m. on:

**March 1 through April 5, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**May 3 through June 7, 2016**

This will be a Diabetes Self-Management Program (CDSMP) workshop;



**September 13 through October 18, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

**November 1 through December 6, 2016**

This type of workshop is yet to be determined. To enroll, please call 880-2800

Wednesdays from 5:00 - 7:30 p.m. on:

**January 13 - February 17, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**March 16 - April 20, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

**May 11 - June 15, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**July 13 - August 17, 2016**

This will be a Diabetes Self-Management Program (DSMP) workshop;

**September 7 - October 12, 2016**

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

**To enroll, please call 880 - 2800.**

**The Cancer Center at Presbyterian**  
8300 Constitution Ave. NE, Building D

Tuesdays from 1:30 - 4:00 p.m. on:

**April 19 through May 24, 2016**

This will be a Cancer: Thriving and Surviving (CTS) workshop

**October 18 through November 22, 2016**

This will be a Cancer: Thriving and Surviving (CTS) workshop.

**To enroll, please call 880 - 2800.**



## SENIOR CENTER PROGRAMS

### CENTER LOCATIONS



#### Barelas

714 7th St. SW, Alb., NM 87102  
Phone: 505-764-6436  
Fax: 505-764-6472  
**Mon. - Fri.** 8:00 am - 5:00 pm



#### Bear Canyon

4645 Pitt NE, Alb., NM 87111  
Phone: 505-767-5959  
Fax: 505-767-5964  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Thursday** 8:00 am - 9:30 pm  
**Saturday** 9:00 am - 3:00 pm



#### Highland

131 Monroe NE, Alb., NM 87108  
Phone: 505-767-5210  
Fax: 505-767-5224  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Wednesday** 8:00 am - 7:00 pm  
**Saturday** 10:00 am - 4:00 pm



#### Los Volcanes

6500 Los Volcanes NW,  
Alb., NM 87121  
Phone: 505-767-5999  
Fax: 505-767-5992  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Thursday** 8:00 am - 7:00 pm  
**Saturday** 9:00 am - 1:00 pm



#### Manzano Mesa

**Multigenerational Center**  
501 Elizabeth SE, Alb., NM 87123  
Phone: 505-275-8731  
Fax: 505-275-8734  
**Mon. - Fri.** 8:00 am - 9:00 pm  
**Saturday** 9:00 am - 3:00 pm



#### North Domingo Baca

**Multigenerational Center**  
7521 Carmel NE, Alb., NM 87113  
Phone: 505-764-6475  
Fax: 505-764-6489  
**Mon. - Fri.** 8:00 am - 9:00 pm  
**Saturday** 9:00 am - 3:00 pm



#### North Valley

3825 4th St. NW, Alb., NM 87107  
Phone: 505-761-4025  
Fax: 505-761-4031  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Tuesday** 8:00 am - 7:00 pm  
**Sunday** 12:30 pm - 4:30 pm



#### Palo Duro

5221 Palo Duro NE, Alb., NM 87110  
Phone: 505-888-8102  
Fax: 505-888-8107  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Wednesday** 8:00 am - 7:00 pm  
**Saturday** 9:00 am - 1:00 pm

### SENIOR CENTER PROGRAMS DANCE

#### DANCE

##### Ballroom/Latin/Swing

##### Dance Beginning

Learn the steps to Ballroom Waltz, Cumbia-Salsa, Tango, Cha Cha, Fox Trot, Swing and Rumba.

##### NEW Bear Canyon, Social Hall

Thursday, 4:45- 5:45 pm

\$6 per lesson

Instructor: Rosamaria Delgadillo-Burt



##### Manzano Mesa Multi-Generational Center, Social Hall Saturday

Beginning: 10:00 - 11:00 am

Intermediate: 11:00 am - 12:00 pm

##### NEW Beginning Ballroom Dancing

N. Domingo Baca, Social Hall

Saturday, 11:45 am - 12:45 pm

##### (NEW) Dancing with the Bars

It's not what you may think...Dancing with the Bars is a movement exercise form of dancing— to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.

##### Bear Canyon, Social Hall

Thursday

8:15 - 9:15 am

##### Dance Class with Travis / West Coast Swing

No partner needed! Come learn various styles of dance including Country two-step and West Coast Swing for both beginning and intermediate levels.

##### North Domingo Baca,

Upstairs Aerobic Room

Monday, 6:00 - 7:00 pm

(Country two-step)

Tuesday, 7:15 - 8:15 pm

(West Coast Swing)

\$10 per person, Travis & Annette

WINTER SPORTS  
STARTS ON  
PAGE 7



Wise Women Belly Dance

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

Manzano Mesa, Social Hall  
Thursday, 6:00 - 8:00 pm  
Amaya

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

North Valley, South Social Hall  
1st & 3rd Thursday, 2:00 - 3:00 pm  
Joanie Carlisle



Latin Rhythms

Learn the fundamental skills of social Latin dancing in dances such as: Salsa, Cha-cha, Rumba, Samba, Bolero and Merengue.  
North Domingo Baca Sports & Fitness  
Thursday, 10:15 - 11:15 am  
Free, Rick Post

New Mexican, Mexican Folklorico & Latin Dance Class

Learn traditional dances.  
Barelas, Social Hall  
Monday, 10:00 - 11:00 am  
Frances Lujan  
Call 764-6436 for more information

Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

Los Volcanes, Social Hall  
Thursday, 5:30 - 6:30 pm  
Saturday, 9:00 - 10:00 am  
\$3, Elena Valenci

EIGHT BALL POOL



A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Game Room  
Monday - Friday, 8:00 am - 5:00 pm

Bear Canyon, Billiards Room  
Monday - Friday, 8:00 am - 5:00 pm  
Saturday, 9:00 am - 3:00 pm

Highland, Billiards Room  
Monday - Friday, 8:00 am - 5:00 pm  
Saturday, 10:00 am - 4:00 pm

Los Volcanes, Billiards Room  
Monday - Friday, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 7:00 pm

North Valley, Billiards Room  
Monday-Friday, 8:00 am - 5:00 pm  
Tuesday, 8:00 am - 7:00 pm

Palo Duro, Game Room  
Monday - Friday, 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm



WELLNESS PROGRAMS

MASSAGE

North Domingo Baca, Downstairs Lobby  
Monday, 9:00 am - 3:00 pm      Thursday, 9:00 am - 3:00 pm  
Andy Trujillo, LMT # 7758

Line Dance

Great for people who love to dance but don't have a partner. Everyone learns the dance and dances in a line.

Beginner

Bear Canyon, Social Hall  
Thursday, 3:15 - 4:30 pm  
Clarada Hull

Los Volcanes, Social Hall  
Tuesday, 9:00 - 10:00 am

Manzano Mesa, Social Hall  
Wednesday, 1:30 - 3:00 pm  
Georgette Smith

North Domingo Baca, Social Hall  
Thursday, 1:15 - 2:30 pm  
Mary Garcia

North Valley, Social Hall  
Monday, 1:00 - 2:00 pm  
Clarada Hull

Palo Duro, Mesquite  
Monday, 3:15 - 4:30 pm  
Sat. (1st, 2nd, 3rd, & 4th),  
9:00 - 10:30 am  
K. Tidy

Intermediate

Bear Canyon, Social Hall  
Tuesday, 3:00 - 4:30 pm  
Clarada Hull

Highland, Social Hall  
Tuesday, 1:30 - 3:30 pm  
Wylene Santistevan

Los Volcanes, Social Hall  
Thursday, 9:00 - 10:00 am  
Thursday, 10:15 - 11:15 am  
\$1, Jeanne Hendrix

Manzano Mesa, Social Hall  
Wednesday, 3:00 - 4:30 pm  
Georgette Smith

North Domingo Baca, Social Hall  
Tuesday, 5:45 - 7:30 pm  
Georgette Smith

Intermediate II

Bear Canyon, Social Hall  
Tuesday, 1:30 - 3:00 pm  
Clarada Hull

Manzano Mesa, Social Hall  
Friday, 1:30 - 3:00 pm  
Wylene Santistevan

NEW Manzano Mesa, Social Hall  
Friday, 2:00 - 4:00 pm  
Ricci

(NEW) Intermediate III

Manzano Mesa, Social Hall  
Thursday, 2:00 - 4:00 pm,  
Ricci

Advanced

Bear Canyon, Social Hall  
Thursday, 1:30 - 3:00 pm  
Doug Madison

Palo Duro, Mesquite  
Monday, 1:30 - 3:00 pm  
Doug Madison  
Saturday (2nd, 3rd, 4th),  
10:30 am - 12:00 pm  
J. Hendrix

DANCE · EIGHT BALL POOL  
WELLNESS PROGRAMS

SENIOR CENTER PROGRAMS



## EXERCISE · HIKING

## SENIOR CENTER PROGRAMS

**EXERCISE****EnhanceFitness**

This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

**North Valley**, Rooms 1 & 2  
Mon., Wed., Fri. 9:00 - 10:00 am  
Terry Toby

**North Domingo Baca**, Social Hall  
Monday 8:05 - 9:05 am and  
10:15 - 11:15 am  
Wednesday 8:05 - 9:05 am and  
10:15 - 11:15 am and  
Friday 8:05 - 9:05 am and  
10:15 - 11:15 am

**(NEW) Fitball**

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

**Manzano Mesa**,  
East Social Hall  
Friday, 4:45-5:45 pm  
\$2.50, Ann Owens

**(NEW) Fit4Fuze**

**N. Domingo Baca**, Social Hall  
Saturday, 9:10 - 10:10 am  
\$2

**(NEW) T.N.T Dynamite**

Trim and Tone your body with this class designed to fit your own individual needs and abilities. You will work at your own pace towards improving strength, stamina, and muscle tone with a variety of exercise moves and equipment.

**Bear Canyon**, Social Hall  
Monday, Wednesday, Friday  
9:30 - 10:30 am  
\$1.50, Andriana Wethington

**Zumba**

**Manzano Mesa**, Gym  
Saturday 11:15 am - 12:15 pm  
Thursday 6:00 - 7:00 pm  
\$3 Jenny

**North Domingo Baca**, Social Hall  
Monday 9:10 - 10:10 am

**North Valley**  
Tuesday 1:00 - 2:00 pm  
\$2, Mary Martinez  
Tuesday 5:30 - 6:30 pm  
\$3, Cheryl Dilger

**Zumba® Gold Classes**

Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

**(NEW) Bear Canyon**, Social Hall  
Mondays, Wednesdays, Fridays  
8:15 - 9:15 am  
\$2, Julie M. Salazar

**(NEW) Manzano Mesa**, Gym  
Monday, Wednesday 10:45 - 11:45 am  
\$1, Dee Williams

**North Domingo Baca**, Social Hall  
Tuesday 9:10 - 10:10 am  
(Zumba Gold)

Wednesday 9:10 - 10:10 am  
(Zumba Gold)

Thursday 9:10 - 10:10 am  
(Zumba Gold)

Friday 9:10 - 10:10 am

Saturday 1:00 - 2:00 pm  
\$2.00, Julie Salazar

**Zumba Gold Toning**

This class is designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body and burn fat.

**Manzano Mesa**, Gym  
Friday 8:00 - 9:00 am  
\$2 Dee Williams

**Get Moving Cardio**

This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

**Manzano Mesa**, Social Hall  
Monday & Wednesday  
5:00 - 6:00 pm  
\$20/month or \$2.50/class  
Ann Owens

**HIKING**

The Albuquerque Senior Centers offer hiking trips year round. Schedules are available at front desk of participating centers. Transportation cost is 5¢ per mile. [www.ASCHG.org](http://www.ASCHG.org)

**Bear Canyon**  
Every other Thursday, 8:00 am  
Sandy McAvoy

**Highland**  
Every other Tuesday, 8:00 am  
Pat Newman

**Los Volcanes**  
Every other Friday, 8:00 am  
Dick Brown

**North Domingo Baca**  
Every other Friday 8:00 am  
Dick Brown

**North Valley**  
Every other Thursday, 8:00 am  
Bill Gloyd

**Palo Duro**  
Every other Tuesday, 8:00 am  
Marilyn Warrant

**Palo Duro**  
Saturday, 9:00 am  
Sue Pelletier



*Discover Your Own  
Healthy Lifestyle!!*

TABLE TENNIS

Practice and Play

Since its inception in 1880s England as an after-dinner amusement for upperclass Victorians, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball, and a cigar box lid as the racket. Come see how it has evolved!

**Barelas, Social Hall**  
Thursday, 1:00 - 3:00 pm

**Bear Canyon, Social Hall**  
(subject to change)  
Monday, Friday, 1:30 - 3:30 pm  
Wednesday, 10:15 - 11:00 am  
Thursday, 9:30 - 11:00 am  
Sat., 9:00 - 11:00 am, 1:00 - 3:00 pm

**Los Volcanes, Social Hall**  
Tuesday, 1:30 - 5:00

**Palo Duro, Mesquite Room**  
1st Saturday, 9:30 - 10:30 am  
2nd, 3rd & 4th Saturday, 9:30 - 11:30 am

**North Valley, Social Hall**  
Monday, 2:00 - 5:00 pm (upon request)

**Manzano Mesa, Game Room**  
Monday - Friday, 8:00 - 9:00 am  
Saturday, 9:00 - 3:00 pm

**Pajarito Senior Meal Site**  
Wednesday, 12:30 - 1:30 pm



EASTERN TRADITIONS

Nia Technique

The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow.

**Highland, Room 8**  
Thursday, 11:15 am - 12:15 pm  
Michele Diel

**Palo Duro, Aspen**  
Wednesday, 3:15 - 4:15pm  
\$5 or \$30/5 classes/First Class Free  
Michele Diel

Pilates

Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

**Barelas, Lead & Coal**  
Tuesday, 8:30 - 9:30 am  
Richard Sertich

Gentle Yoga

Whether you are a beginner or have been doing yoga for a while, this slow-paced class will leave you feeling both relaxed and rejuvenated. Linking breath with movement, we gently stretch all areas of the body and release stress and tension from joints and muscles. Gentle twists, forward and back bends as well as balance poses strengthen your body and increase flexibility. Don't fret if you've never tried it before. If you can breathe, you can practice yoga!



**Palo Duro, Aspen**  
Wednesdays, 9:00 - 10:00 am  
Free, Karin

Yoga

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Barelas**  
Monday, Thursday, 9:15 - 10:30 am

**Bear Canyon, Room 2**  
Thursday, 5:45 - 6:45 pm  
Tiana Kaula

**Bear Canyon, Multi-Purpose**  
Friday 10:30 - 11:30 am  
Tiana Kaula

**Highland, Room 8**  
Wednesday, 1:15 - 2:45 pm

**Manzano Mesa, East Social Hall**  
Monday,  
6:15 - 7:15 pm  
\$25 per month,  
\$7 per class  
Ann Owen

Monday,  
9:00 - 10:00 am  
Friday,  
1:00 - 2:00 pm  
\$5, Lynn Alexander



**Palo Duro, Ponderosa**  
Monday, 9:00 - 10:00 am  
\$3, L. Leyba

**Palo Duro, Mesquite**  
Wednesday, 5:15 - 6:15 pm  
\$3, L. Leyba

Yoga, Chair

Focus on alignment, breathing, relaxation, and core awareness while gently opening up the body, increasing strength, flexibility, mobility and building bone density.

**Bear Canyon, Room 1**  
Monday 2:30 - 3:30 pm  
Tiana Kaula

Yoga, Dahn

Dahn Yoga is an integrated mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. Dahn Yoga was created for people who want to gain flexibility and balance of mind and body in the midst of their busy and sometimes hectic lives. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

**North Domingo Baca Fitness Center,**  
Group Exercise Room (Upstairs)  
Saturday, 10:30 - 11:45 am  
\$5, Lynn Alexander

**North Valley, Room 1 & 2**  
Tuesday, Thursday, 3:00 - 4:00 pm  
\$3, David Plummer



EASTERN TRADITIONS, CONTINUED		
EASTERN TRADITIONS	<b>Yoga, Hatha-Plus</b>  This class combines Hatha yoga and core body work.  <b>Manzano Mesa, Room 5</b> Friday, 9:00 - 10:00 am Janet Porter	
	<b>Yoga, Hatha</b>  Practice breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen, and postures keep the spine supple and healthy. This class will help lower your blood pressure and calm nerves.  <b>Manzano Mesa, Room 5</b> Wednesday, 9:00 - 10:00 am Dee Cappelle	
	<b>Yoga - Kundalini</b>  Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.  <b>Manzano Mesa, Room 4</b> Wednesday, 10:10 - 11:10 am Sueshila Stubbe	<b>North Valley, Room 1 and 2</b> Monday, 9:30 - 10:30 am First Friday of every month Suggested donation \$5 Sifu Ty Beh 620-1889 for more info.
	<b>T'ai Chi</b>  Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy.  <b>Barelas, Social Hall</b> Wednesday, 9:30 - 10:30 am Suggested donation \$5, Ilene Dunn	<b>Palo Duro, Ponderosa Pine</b> Friday, 9:30 - 10:30 am (not meeting first Friday of every month) Suggested donation \$5, Sifu Ty Beh
	<b>Highland, Social Hall</b> Thursday, 9:30 - 10:30 am Suggested donation \$5 Ilene Dunn	<b>T'ai Chi For Seniors</b>  Slow, gentle movement to build health & balance, reduce stress, & heal from injuries. Presented in a brief way to balance the whole self: physical, emotional & spiritual
	<b>INTERMEDIATE:</b> Thursday, 2:00 - 3:00 pm Suggested donation \$5	<b>Los Volcanes, Room 2</b> 1st, 2nd, 3rd, Wednesday, 12:00 - 1:00 pm Suggest donation \$3, Kay
	<b>Los Volcanes, Room 2</b> Tuesday (NOTE: No Thursday) 3:00 - 4:00 pm Suggested donation \$5, Sifu Ty Beh 620-1889 for more info.	<b>Yang Style T'ai Chi:</b>  <b>North Domingo Baca, Classroom 1</b> Friday, 11:30 am - 12:30 pm Suggested donation \$5, Sifu Ty Beh
	<b>Manzano Mesa, Room 4</b> Tuesday, 9:30 - 10:30 am Suggested donation \$5 Ilene Dunn	<b>T'ai Chi Chih</b>  T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.
		
		<b>Palo Duro, Ponderosa Rm.</b> <b>BEGINNING:</b> <b>Wednesday,</b> 3:15 - 4:15 pm <b>CONTINUING:</b> <b>Wednesday,</b> 4:30 - 5:30 pm Session I: January 6 - February 24 Session II: March 9 - April 27 Session III: May 4 - June 22 \$60/8 week session Ellen Tatge
<b>SENIOR CENTER PROGRAMS</b>		
<b>PRACTICE:</b> <b>Bear Canyon, Room 1</b> Wednesday, 11:30 am –1:00 pm Mary Moriarty <b>Bear Canyon, Room 1</b> Wednesday, 3:30 - 4:30 pm Helen		
<b>T'ai Chi Ch'uan</b>  A form of martial arts, that provides a cardiovascular workout and improves balance.  <b>Bear Canyon, Multi-Purpose BEGINNER:</b> Saturday, 11:30 am - 1:00 pm No sign up required Yolanda Day and Richard Coursey		
<b>(NEW) TVE Wellness</b>  This is a low-impact, easy entry exercise program for healing and prevention. Enjoy learning beautiful fluid motions that loosen and strengthen every part of your body from your fingers to your toes while gaining the benefits of increased energy, lower stress, and greater mobility, balance, and flexibility.  <b>Bear Canyon, Multi Purpose</b> Thursday, 10:00 - 11:00 am \$2, Dimitri Carranza  <b>Manzano Mesa, E. Social Hall</b> Thursday, 8:30 - 9:30 am \$2 (Seniors) \$5 (Adults) Dimitri Carranza  <b>North Valley, Room Fitness Center</b> Wednesday, 9:00 - 10:00 am \$2, Dimitri Carranza  <b>Palo Duro, Mesquite</b> Wednesdays, 3:15 - 4:15 pm \$2, Dimitri Carranza		
<b>(NEW) TVE Animal Kung Fu for Teens and Adults</b>  Learn animal Qi-Gong Kung Fu that engages all of your body increasing your speed, strength, flexibility and endurance.  <b>Manzano Mesa, E. Social Hall</b> Tuesday, 6:30 - 7:45 pm \$25 monthly or \$8 per class Dimitri Carranza		

SELF DEFENSE

Aikido

A non-aggressive style of martial arts working on the principle: “do not fight force with force”. Redirect the attacker’s energy and use it to your favor.

**North Domingo Baca**  
Saturday, 9:00 - 11:45 am  
See instructor for prices  
Charles Watkins

**North Domingo Baca**  
**Fitness Center,**  
Group Exercise Room (Upstairs)  
Wednesday, 7:15 - 8:30 pm  
\$4/class  
Charles Watkins



**Manzano Mesa,**  
East Social Hall  
**Friday,** 6:00 - 8:00 pm  
Davis Begay

**North Domingo Baca**  
**Wednesday:** 6:45 - 8:45 pm  
Davis Begay  
\$20.00 for adults  
and \$10.00 for youth.

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

**Manzano Mesa, Room 4**  
**Tuesday, Wednesday,** 6:00 - 8:00 pm  
Chris Nowak

Personal Defense Club,  
Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

**Manzano Mesa, Room 4**  
**Monday,** 7:00 - 9:00 pm  
\$10 per month,  
Dr. Sean Ross

All-Star Youth Karate

For ages 4–16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

**Manzano Mesa,**  
East Social Hall  
**Wednesday,** 6:00 - 9:00 pm  
David Vigil  
To register: 899-1666

Kendo Kai

Meaning “Way of The Sword,” is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

Feldenkrais Method

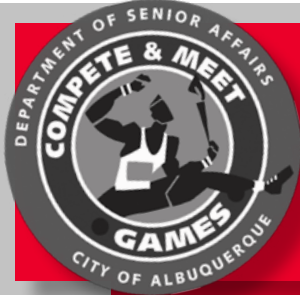
Awareness Through Movement

Often referred to simply as “Feldenkrais”, is a somatic educational system designed by Moshé Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general wellbeing by increasing students’ awareness of themselves and by expanding students’ movement repertoire.

**North Domingo Baca**  
**Thursday,** 9:30 - 10:30 am  
and 6:00 - 7:00 pm  
FREE, Steve Mulvihill.

TaeKwondo

**North Domingo Baca**  
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7:15 - 8:15 pm  
\$70/month, ages 7 and up  
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